

TURNING FAILURE INTO GROWTH

by:

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Students are afraid of taking risks in trying new things and moving out of their comfort zone because of the fear of failure, thus, this affects students to reach their goals and even their full potential. This fear tends to have negative effects such as anxiety, self-pity, and afraid to engage in challenging tasks. As a teacher, we should take action on how to promote and create an environment that is free from fear of failure, where failure serves as an opportunity to know and do better rather than an end of something. We can teach our students to love learning and trying new things and see life as a continuous learning process by nurturing a mindset that is fearless and resilient.

A positive mindset is one of the efficient and effective ways to overcome the fear of failure and as a teacher, we are obliged to foster and nurture this characteristic to them.

Carol Dweck, a Psychologist, emphasizes that through effort, persistence, and learning from mistakes, abilities and skills can be developed. If the students learn and realize that failure serves as an opportunity to learn from their mistakes rather than the result of the capacity of their ability, students can become more brave in facing challenges. A positive mindset helps students overcome their fear of failure and see mistakes as an opportunity to grow and improve for them to become much better.

As a teacher, we must ensure that our students will have a good experience inside the classroom where it is conducive to learning and a judgment-free environment. Students should feel safe from any criticism and bullying so that they will have the guts to take risks and accept challenges. We should also consider taking time to recognize not only the results but might as well their efforts just to achieve a positive outcome, through

this we can motivate them to move out of their comfort zone and take a step to engage with the new challenges.

We can also teach them how to be resilient and to solve things as much as they can because this will help them overcome the fear of making mistakes and failing. We should teach them how to cope with the failure that they experienced and use them as a learning to strive even better, this will serve as a guide for them to critically analyze the situation, craft possible and better solutions, and even a development of their thinking skills.

Students often experience a fear of failure because different factors tend to set high expectations for them. We can help them to gradually finish their tasks effectively by organizing what is to be prioritized up to the least significant. Small success can have an important impact on building confidence and a feeling of accomplishment. By this, we can help our students to manage stress and reduce the level of their anxiety towards school work.

We can also promote a collaborative strategy inside the classroom to promote socialization and build an environment that is friendly and hassle-free. When they experience working with their classmates, they can realize that they are not the only ones who are struggling and experiencing challenges. Collaborative activities and working with peers can promote a sense of belongingness which helps to ease the burden of being alone in facing challenges.

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